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GETTING INTO THOSE GOOD HABITS
TIPS ON HOW TO STAY IN SHAPE {page 19}

ASHTON GETS AMOROUS WITH DEMI DISH {page 18}

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Fewer huffing, puffing

80 per cent of new smokers are under 18: Health Canada • Policy measures, including price increases and limited retail displays, attributed to decline • Population the size of St. Albert has quit since 2007

Smoking is no longer a drag for the 57,000 Albertans who have decided to butt out since 2007, leading provincial smoking rates to an all-time low, according to national Health Canada data released yesterday.

The Alberta smoking rate dropped to 18 per cent among those aged 15 and over, according to the data, and is now on par with the national average.

"We must continue to support programs and policy measures that have been proven effective to help drive down smoking rates further," said Dr. Gerry Predy, senior medical officer of health with Alberta Health Services.

"We are particularly focused on measures to help smokers quit and to help youth remain tobacco-free."

Health groups are applauding the numbers, but warn the efforts to curb smoking shouldn't stop.

"We can't rest on our achievements or we could lose the momentum that took decades to achieve," said Tony Hudson, president of the Lung Association of Alberta/NWT.

Smoking rates across the country declined, according to the data, but in Alberta the rate among young adults between 15 and 24 remained at 18 per cent.

METRO CALGARY
WITH FILES FROM THE CANADIAN PRESS

Alberta

Cameron closeup on oilsands

Hollywood director in province to tour much-maligned resources • Fort McMurray residents hope for fair shake {page 3}

Prime-time profiles

Quick snapshots of the top new shows on the tube {page 16}

'Tis the season for bargains

Scout around this fall for some super deals {page 26}

Fubar. Red carpet ride

▶ Terry and Dean sign autographs for their fans on the red carpet last night.

KATIE TURNER/FOR METRO CALGARY

Calgary fans give'r with Fubar stars

Fans flocked to the red carpet last night to meet the stars of the cult classic film Fubar. They were in town for the screening of their latest adventure, Fubar II, at the Calgary International Film Festival.

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AMVIC LICENSED

A health centre to call their own

Residents of East Calgary now have a health facility tailored to the community, after the official opening of the East Calgary Health Centre yesterday.

The $10.6-million centre holds more than 30 clinics and programs including primary care, chronic disease management, oral health, and addiction and mental health services.

"Let's face it, this community needed a facility," said Premier Ed Stelmach at yesterday's opening.

"It goes away from the traditional hospital setting to a health centre and that is why it is so widely used today (by) people living in the community."

Many of the programs provided target the needs of the community, including prenatal and postpartum services to address the higher percentage of low birth-weights in the area.

"There will be many facilities opening over the next few years across the province; we'll manage within the budget," said Stelmach.

Health Minister Gene Zwozdesky added that the province will continue to expand health-care facilities.

"We always build space for today and for the future," said Zwozdesky.

"(There's) 1.5 million square feet of new space that's coming on stream in about a year-and-a-half to two years."

KATIE TURNER

KATIE TURNER/FOR METRO CALGARY

▶ Damon Dessler (centre), a client at the facility, with (left to right) Ken Hughes of AHS, Premier Ed Stelmach, Health Minister Gene Zwozdesky and Infrastructure Minister Ray Danyluk.

Fort Mac readies for Cameron's visit

◗ Director goes to Fort Mac today, Fort Chip afterward ◗ Will meet with Premier Stelmach tomorrow

Tammy Brundage finishes gassing up her SUV and pauses a moment to consider the visit of famed film director and outspoken environmentalist James Cameron to the city where she makes her living.

"I think it's a good idea," said Brundage, who works in the safety department at one of the oilsands companies that are the economic backbone of Fort McMurray. "He bashed us, now he needs to come up and see that we're not as bad as he thinks."

But Cameron has already expressed some strong opinions on the oilsands, calling them a "black eye" for Canada.

In Fort McMurray, that stings.

"I think industry is (well-handled)," said Syncrude employee Cory Barnes, who's lived in the oilsands city for 11 years.

"If I didn't, I wouldn't be raising my family here."

Residents suggest outside critics should come see for themselves before pronouncing judgment.

"I think it's a good thing," said Dennis Oldfield, who works as a labourer in the oilsands.

"I hope he gets a clear understanding of what's going on, that we do need the oil and we need the jobs."

"I hope (Cameron) gets a clear understanding of what's going on."
DENNIS OLDFIELD, OILSANDS WORKER

THE CANADIAN PRESS

CHUNG SUNG-JUN/GETTY IMAGES

▶ Canadian-born film director James Cameron has had harsh words for the oilsands.

1 news

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Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/investing

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Student issues dominate Ward 1 debate

Six candidates running for Ward 1 alderman debated issues at Civic Camp's forum last night

DARREN KRAUSE
@METRONEWS.CA

With last night's Ward 1 forum having been held at the University of Calgary, student issues came to the forefront for many.

All six candidates participated in Civic Camp's citizen forum, where topics like affordable housing, transit and urban sprawl came up.

"I think that all those issues affect students just as much as they affect anyone else in Calgary," said Hardave Birk, VP external for the U of C student's union.

"All of us are eventually going to graduate and become a community member as well."

Varsity resident Chad DeLand said that as a bicycle commuter he is concerned about how to get around the city.

"What I'd like to see ... is the idea of physically separating bikes and cars with concrete barriers," said DeLand.

Birk said transportation is one of the biggest issues he's heard from the student body as well.

"A lot of them are concerned with the park-and-ride fees, and the parking costs here at the University," he said.

Two candidates, Chris Harper and Ric Lockhart, were asked about developing a relationship with university students.

"The university is a community and they deserve to be treated like any other community," said Harper.

Lockhart responded by saying, "They're part of our city, they're part of our culture and we should embrace them."

27 years

The current Ward 1 alderman, Dale Hodges, has served on council for nine terms — nearly 27 years.

On the campaign trail

Craig Burrows

The Calgary Parking Authority was in the crosshairs of Craig Burrows yesterday, as the mayoral candidate vowed to outsource the parking unit in order to lower parking fees. The added revenue could reduce the city deficit by $8 million, he said. "Increased revenue from outsourcing will go towards the current deficit and ongoing operations while allowing a break for Calgarians wanting to visit the downtown," he said.

Barb Higgins

Bringing together Calgary's diverse communities was on Higgins' agenda yesterday, ahead of last night's Immigrant Sector Council of Calgary mayoral forum. Higgins pledged to create a Multicultural Advisory Council if elected mayor of Calgary.
"It is time for Calgary to honour and appreciate the value of other cultures and points of view," Higgins said.

Naheed Nenshi

Nenshi took aim at the city's procurement policies yesterday, saying no blank cheques should be given to city contractors. Nenshi claimed a more principled look at third-party contracts handed out by the city could have cut past project costs in half.
"We need to evolve this out-of-date system into a more clear and transparent structure where contractors share the responsibility on change orders, take their commitments to the city seriously, and adhere to the established budget on the original purchase order," says Nenshi.

Wayne Stewart

Stewart has been sending out a daily insight into his activities, and according to yesterday's installment he was out hob-knobbing with future Calgary voters, discussing issues with seniors and visiting with the arts community before heading to the Immigrant Sector Council of Calgary mayoral forum last night.

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Ward 2, meet your candidates

Metro spoke to the candidates running in Ward 2 to find out who they are, what they do, where they stand and why they feel they deserve your vote.

Biagio 'Joe' Magliocca

Consultant.
Age 45
No. 1 issue: Transparency and accountability.
Political experience: Second time running. Came in second to the incumbent.
Why run?
"I ran last time and I can in second. I just think we need new blood in there and new faces and new ideas. We're a growing city."

Coverage

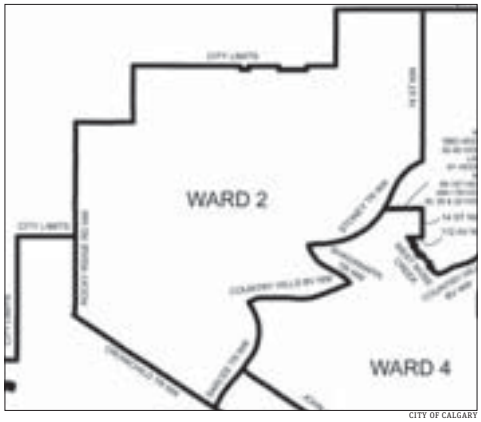
As election day approaches, Metro will introduce you to the candidates running in each of the 14 wards. Be sure to pick up Metro weekdays, and visit our website at metronews.ca/calgary

Terry Avramenko

Self-employed contractor.
Age 52
No 1. issue: Airport tunnel.
Political experience: None
Why run?
"I was approached three-and-a-half years ago to run because a group of people in Ranchlands felt I had assets that would benefit city council. After careful consideration I agreed to run for office three years ago and that is why I am running for office again."

The election

The Calgary city election takes place on Monday, October 18. Voters will elect a new mayor and 14 aldermen to the city council.



CITY OF CALGARY

Gord Lowe

Alderman, Ward 2.
Age 71
No. 1 issue: Safety and security, traffic and transit in Ward 2
Political experience: Alderman since 2001
Why run?
"I've been the Ward 2 alderman for nine years now, I've got a series of initiatives going up there that I'm anxious to see completed and there are ongoing planning, transit and transportation issues to deal with. Citywide, the budget issue and the Calgary Metropolitan Plan are very huge."

Daniel M. Del Re

Machine operator.
Age 45
No. 1 issue: No increase on property taxes and no cuts on services. Municipal infrastructure projects such as roads and transportation systems should be top priority.
Political experience: Ran in 2001, 2004, 2007 and running again in 2010.
Why run?
"Because I like politics. I love solving people problems and the problem of the city of Calgary. The city of Calgary needs a good alderman in Ward 2 who will make good decisions for the people of Ward 2 and the city of Calgary."

COMPILED BY KATIE TURNER

News in brief

Men lose court appeal

MAYERTHORPE. The Alberta Court of Appeal says four Mounties probably would not have been killed in Mayerthorpe if the gunman hadn't had help from two men convicted for their role in the shootings.

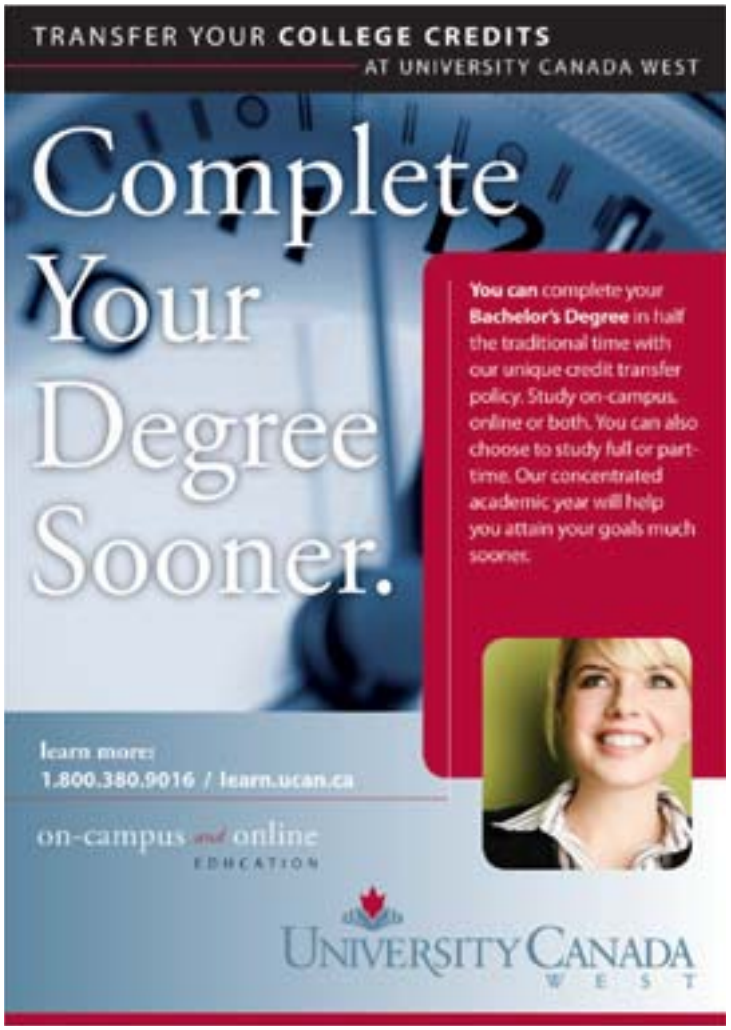
The court yesterday turned down a bid by Shawn Hennessey and Dennis Cheeseman to get less prison time.

THE CANADIAN PRESS

Volunteers honoured

DINNER. Calgary Police honoured the more than 200 Calgarians that donated their time to various police projects throughout 2010, at last night's 18th annual Volunteer Recognition Dinner. In 2009, 542 volunteered more than 52,000 hours of time.

METRO CALGARY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News in brief

Delays in sex tourism case

SEX CRIMES. Sentencing has been postponed in the case of a Canadian man facing up to 50 years in prison for his admitted role in an international pedophile ring he ran out of Thailand.

No new date has been set in the case of John Wrenshall, 63, originally of Calgary, who pleaded guilty to three counts including conspiring to engage in sex tourism and to producing and distributing child pornography.

THE CANADIAN PRESS

Cat killed, man charged

RED DEER. A central Alberta man faces several firearms charges after he accidentally shot the family cat. RCMP say the Red Deer man had loaded a rifle and was investigating a suspicious noise when he stumbled and pulled the trigger.

THE CANADIAN PRESS

Blaze destroys local garage

PROPERTY. A garage fire along 31 Avenue SW yesterday afternoon caused an estimated $3,000 in damage. METRO CALGARY

Why wasn't chute pulled?

Aircraft expert says chute has been deployed 23 times in past eight years Of those incidents, 19 are considered 'saves,' with 40 survivors

Pilots who fly a high-performance plane similar to the one that crashed in central Alberta, killing three, are dismayed and puzzled why a parachute attached to the airframe wasn't deployed.

"It's frustrating to realize people have died in a plane that has this extra feature," Rick Beach of the Cirrus Owners and Pilots Association said yesterday in an interview from Duluth, Minn.

"The parachute can be activated within the airplane by anyone in it," he said.

"Our first question is: How were those pilots dealing with the difficult situation they were in, and not using the parachute — not using the last-option safety resort?"

The three men were killed Friday afternoon when their Cirrus SR-22 single-engine plane spun in clear skies and crashed in a field near Sundre, 130 kilometres northwest of Calgary, and burst into flames.

The owner of the plane has been identified as Charles Matson of Calgary. Matson, 51, was a former part owner of the Calgary Hitmen junior hockey team and had been trying to sell the plane.

The other two victims have been identified as Steve Brosseau, 43, of Spruce Grove, Alta., and James DuBarry, 42, of Edmonton.

Media reports say Brosseau, who was working toward his pilot's licence, and DuBarry were considering buying the plane.

THE CANADIAN PRESS

Chute system

The Cirrus SR-22 is a popular, leading-edge craft.

- Its signature design feature is the parachute system, which has been around for a decade and is standard on the Cirrus craft.
- If the plane is in distress, anyone inside can pull a handle that is located in the ceiling.
- It can be used when the plane is spiralling, spinning, right-side up or upside down.

News in brief

▶ Finance Minister Jim Flaherty

Stimulus worked: Feds

FINISHED. The federal Tories say their $62-billion stimulus package has saved or created almost 200,000 jobs since the beginning of 2009. In its sixth update on the package, the government says it has now committed funding to 23,000 infrastructure projects across the country.

THE CANADIAN PRESS

Maker dies in Segway crash

ACCIDENT. A British businessman who owns the company that makes the two-wheeled Segway has been found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of Jimi Heselden, 62, and a Segway personal transporter were found in the River Wharfe West, Yorkshire Police said. THE ASSOCIATED PRESS

Tories win N.B. majority

OVERTURNED. New Brunswick voters elected a solid Conservative majority yesterday, throwing out Premier Shawn Graham's Liberals after a single term marred by backtracking on key decisions.

The Liberal loss marks the first time since Confederation that a New Brunswick government has failed to win a second consecutive mandate.

"What a monumental moment in our province's history," Tory Leader David Alward told supporters.

THE CANADIAN PRESS

Athletes in Delhi — ready or not

Frantic efforts get athletes' village ready in time ◐ Canadians warned not to go outside the village in team uniforms

ASSOCIATED PRESS/MUSTAFA QURAISHI

▶ Field hockey player and Canadian team flag bearer Ken Pereira, centre, and other team members arrive at Indira Gandhi International Airport for the Commonwealth Games in New Delhi.

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are flagbearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff. All were due to touch down yesterday by mid-evening Delhi time.

A team spokesman says the Canadians will stay at the athletes' village.

"Now we are functioning day-by-day. Every day we prepare the rooms for the athletes arriving the next day. It's really touch-and-go, but they are all staying at the village," said Canadian press attache Yan Huckendubler.

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said. "Certainly much better than the state we found a week ago."

THE CANADIAN PRESS

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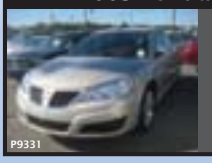
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53,000km
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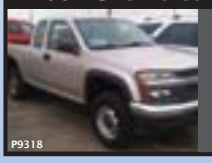
$16,888
24,000km
$164 bi-weekly¹
P9318

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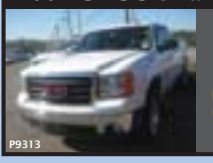
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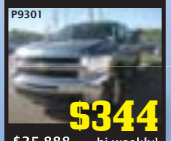
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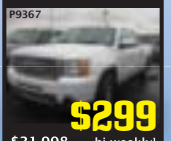
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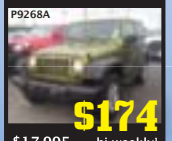
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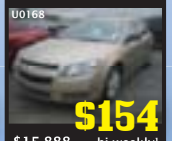
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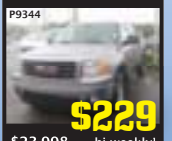
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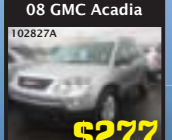
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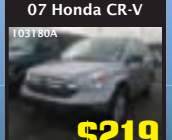
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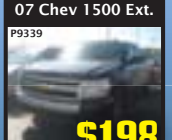
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Routine gives trapped miners will to survive

Rescue crews send hot meals, cots to miners But music players, video games are seen as anti-social

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

▶ Mining Minister Laurence Golborne stands inside a capsule that will be used to rescue trapped miners from the collapsed San Jose mine.

They get laundry service, TV, three hot meals a day and even ice cream for dessert. Everyday life for the 33 miners trapped a half-mile underground now includes some of the comforts of home — at least those that can be lowered through narrow holes.

The miners are sleeping on cots that were sent down in pieces and reassembled, and each can look forward every weekend to eight minutes of video chat time with his family using compact cameras and a phone that was disassembled to fit through the hole.

Settling in for the long wait, they have established a disciplined routine designed not only to keep them mentally and physically fit, but working together.

The plan, according to the rescue effort's lead psychiatrist, Alberto Iturra Benavides, is to leave them with "no possible alternative but to survive" until drillers finish rescue holes, which the government estimates will be done by early November.

"Surviving means discipline, and keeping to a routine," Iturra said.

So when the miners do get moments to relax, they can watch television — 13 hours a day, mostly news programs and action movies or comedies, whatever is available that the support team decides won't be depressing.

THE ASSOCIATED PRESS

CENSUS CHALLENGE

We'll lose census data: Feds

The Conservative government admitted internally that switching to a voluntary survey from a mandatory long-form census would make some data unusable for federal institutions, documents submitted yesterday in Federal Court show.

The admission lies at the heart of a court challenge against the government filed by a group that represents minority francophone communities across the country.

The Federation of Francophone and Acadian Communities argues that Ottawa will no longer be able to fulfil its obligations under the Official Languages Act without reliable data from the mandatory long census form. It wants the court to restore the long-form census.

THE CANADIAN PRESS

Naturist challenges nudity laws

A man charged with going through a fast food drive-through while naked is challenging Canada's public nudity laws as unconstitutional. Brian Coldin is facing five charges for two incidents near a clothing-optional resort he operates in Bracebridge, Ont., and incidents at an A&W and Tim Hortons.

THE CANADIAN PRESS

PAUL DALY/THE CANADIAN PRESS

▶ Troops from CFB Gagetown walk across a makeshift bridge built by local residents to assess the damage caused by Hurricane Igor in Trouty, N.L., on Sunday.

'Cavalry' lands to help rebuild ravaged village

The military was expected to spend several hours moving dirt in preparation for bridge building

Residents of the tiny community of Trouty in eastern Newfoundland were relieved and moved yesterday as the defence minister and Canada's top soldier landed in their hurricane-ravaged village.

Josephine Johnson, owner of the local Trinity Bake Shop, burst into tears moments after Defence Minister Peter MacKay stepped from the Sea King helicopter with Gen. Walter Natynczyk, chief of the defence staff.

"To think that he would come here to help us," she told reporters after MacKay assured her the military will do all it can to put the severed community back together again.

60 The population of Trouty, N.L.

"It's like a nightmare that we can't wake up from."

Trouty Brook, a salmon run that divides the pretty enclave, became a raging river as hurricane Igor unleashed more than 200 millimetres of rain in the hardest-hit places last Tuesday.

"The calvary has come," MacKay said of the arrival in Trouty of military combat engineers and support staff. "And we're working closely with the province (and) emergency services.

Soldiers began dumping truckloads of gravel yesterday to smooth a makeshift road heading toward the fast-moving brook. Slabs of buckled asphalt are all that's left of what was once the main road.

A wooden foot bridge built with two telephone poles hauled from nearby Trinity now connects one side of Trouty to the other. It has been used over the last several days to get food, water and other supplies to homes cut off by the rushing water. THE CANADIAN PRESS

Safeguards urged in pirate handover treaty

A human rights group says it hopes Canada has learned from the Afghan prisoner controversy and uses the lesson as it pursues a treaty with Kenya for the handover of suspected pirates.

Amnesty International, which has fought a legal battle with Ottawa over captured Afghans, says safeguards must be built into whatever arrangement is concluded with Kenya.

Canada wants a deal to hand over Somali pirates captured during navy patrols off the Horn of Africa and government insiders expect a deal will be crafted before the end of the year.

Numerous agencies have expressed concern about Kenya's justice system and its ability to handle an influx of pirates captured by an international flotilla.

"In the Kenyan prison system there are concerns about torture," said Alex Neve, secretary general of Amnesty International's Canadian wing.

THE CANADIAN PRESS

Resignation in sexting scandal

A prosecutor facing removal from office over accusations that he abused his position in seeking relationships with vulnerable women will resign instead, his attorney said yesterday.

Attorney Robert Craanen said Calumet County District Attorney Ken Kratz will step down before Oct. 8, the date set for a hearing to hear testimony on his possible removal from office.

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Airline pledges patience

The country's largest airline is in no rush to buy new narrowbody aircraft and will carefully study how Boeing and Airbus challenge Bombardier's new CSeries, Air Canada's chief executive said yesterday.

THE CANADIAN PRESS

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Browse first, then buy later

Consumers use web to 'test drive' goods such as electronics, furniture, appliances and cars: StatsCan

More Canadians were using the Internet to "window shop" before buying, a trend that has increased as online shopping becomes more mainstream, says Statistics Canada.

"A lot of Canadians are going online to inform themselves and then for other reasons, they're then making the final purchase in a retail location," the agency's senior research analyst Larry McKeown said

In 2009, more than half of Canadians went online to "window shop" — to browse or research items — up from 43 per cent in 2007, the study said.

THE CANADIAN PRESS

Socialized firms

Canadian businesses are turning to social media and they want to be more than just "friends."

- **One third are social.** A new report by Bank of Montreal based on a survey of 427 firms indicates one in three of them are using the relatively new technology to help their businesses.
- **Ideas, branding, selling.** The report states that about 30 per cent of firms on social media use it to gather ideas from other people, 30 per cent to promote brand recognition, and 20 per cent to sell products.

Market moment

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Technology. Touting the tablet

▶ A model displays Sharp Corp.'s GALAPAGOS e-book reader during a press conference yesterday in Tokyo.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Sharp unveils e-reader

The new tablet-style reader comes in two models: The home type, with a 10.8-inch high-resolution LCD screen; and the mobile type, with a 5.5-inch display.

RIM makes 'play' for tablet market

JEFF CHIU/THE ASSOCIATED PRESS

▶ The new PlayBook

The Canadian company that gave us the BlackBerry thinks its business customers will have room in their briefcases for at least one more device: The PlayBook.

Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early in 2011. THE ASSOCIATED PRESS

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TRYING TO STAY CIVILIZED IN THE CITY

She says ...

JESSICA NAPIER

I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

Yes, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20-somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the air is polluted.

But here's my theory: It's not that city folk are rude; it's that *people* are rude. There are just so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always, *always* stand right and walk left on the escalator.

"In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should ..."

It's a lot to learn, but I like to think of myself as a master of downtown decorum. However, every once in a while I am presented with someone who makes me question my etiquette expertise.

You've all met her, of course. She often shows up on a crowded bus or subway. I'll call her questionably pregnant woman. She's usually outfitted in a baggy sweater or an ill-fitting ensemble that makes her look heavy around the midsection but without the obviousness of a baby bump.

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on board.

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route just remember … I'm actually trying to be nice.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Examine all alternatives

Letters & Tweets

Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will hurt our pocketbooks.

In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its virtues stop here."

This glib denunciation of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has left us with a tenuous future.

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. **JIM BELO**

The choice is yours

What is your idea of a romantic date?

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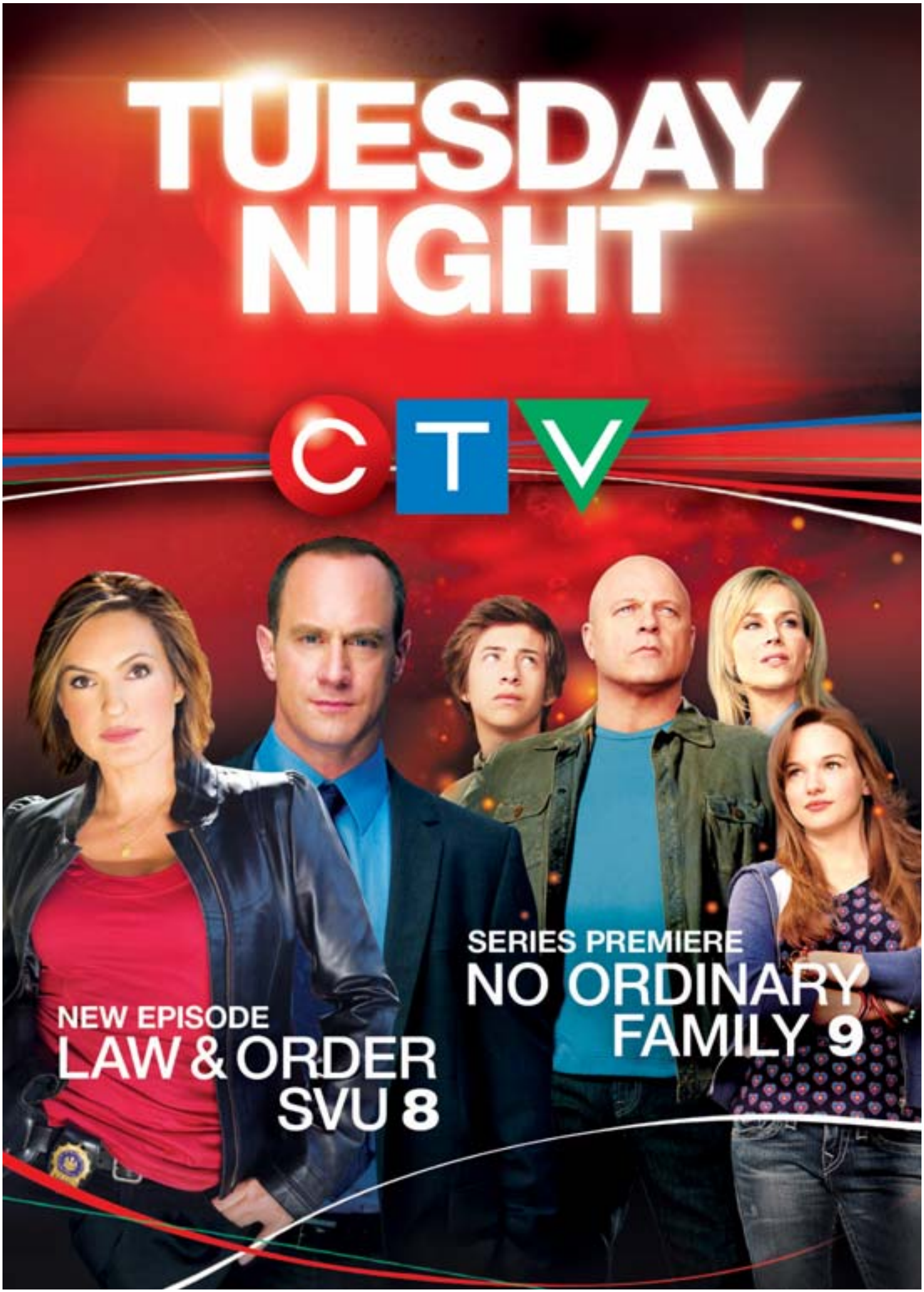
with Dirty Laundry

DIRTYLAUNDRYCALGARY.COM

▶ The crazy cast of Dirty Laundry.

If you happen to be walking down Stephen Avenue Walk today, you might find yourself in the middle of an improvised soap opera. Dirty Laundry, Calgary's completely live and improvised soap opera, will bring citizens Guerilla Theatre — which means the show could break out at any time. The activity is part of the Calgary Downtown Association's Get Back To Style In September campaign to draw Calgarians' attention to the dining, shopping and entertainment that is alive and kicking in the core. Don't worry about missing it tomorrow — you can find this improv crew delivering laughs, live song and improvisation Thursday on Stephen Avenue. **METRO CALGARY**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Potter

Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's television program.

Forbes magazine has ranked Rowling as one of the richest women in Britain, with an estimated wealth of $1 billion.

THE ASSOCIATED PRESS

Simon Pegg, Michael Fassbender among voices for next Fable video game

TOP 5 Best new TV shows to watch this fall

Primetime is packed with new series ◗ And your DVR is already overloaded ◗ What to make room for next to your returning favorites

Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen — actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says.

Despite anemic ratings in its debut Lone Star is a show worth checking out— **this critical darling airs Mondays on Global and Fox.**

Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew — including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed — now I'm bad because I drink orange juice? The difference between good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law — he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he adds.

After strong ratings for its premiere — and a quick pickup for a second season — **Boardwalk Empire continues to stroll Sundays on HBO Canada.**

No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chiklis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. **No Ordinary Family airs Tuesdays on ABC and CTV.**

The Event

Is the event a military cover-up? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its time-jumping structure, the final scene payoff was worth it — even if it posed another head-scratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mysteries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. **The Event airs Mondays on Citytv and NBC.**

Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little girl. "You don't want to poke them or insult them or anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family — a chain-smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. **Watch on Global and Fox.**

AMBER RAY
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DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Sequel gets rusty

Iron Man 2
Genre: Action
Director: Jon Favreau
Stars: Robert Downey Jr.

The first Iron Man found hilarity and energy by making it very plain just how much it was about the priapic Mr. Stark, whom Robert Downey Jr. invests with satanic allure.

For once, we had a superhero who wasn't fretting about the rights and wrongs of blowing up bad guys and saving the world. Instead he plotted how fast he could slip between the sheets with an admiring hottie.

Returning director Jon Favreau seems to have forgotten that the sun really does rise and fall on Downey's charms. Favreau and screenwriter Justin Theroux lard the script with a baffling array of characters and subplots.

There are still a lot of laughs, often punctuated by the "clank" of that über-cool outfit, but some of the jokes are a little rusty and the dialogue often runs to mere verbiage.

On paper, Mickey Rourke seems like an appropriately insane adversary. He's Ivan Vanko, a Russian mastermind with an aversion to soap and shampoo but a real knack with a soldering iron. He whips up his own S&M version of the Iron Man outfit.

Vanko has a grudge against Stark because of unsettled ancient business between Stark's arms-dealing daddy Howard (played in flashback by Mad Men's John Slattery) and Vanko's pa, who wasn't exactly lily-white himself. But both dads are now dead, and Vanko is peeved beyond what anyone can fathom.

Meanwhile, as they say in Comicsville, the story creaks with other distractions. Stark has to defend his good work before the U.S. Senate armed services committee, where he amusingly tangles with flapdoodling liberal Senator Stern (Garry Shandling) and conniving rival arms trader Justin Hammer (Sam Rockwell).

The franchise still has a lot of spark, but next time they need to clean the corrosion off the batteries.

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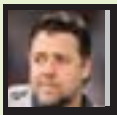
Celebrity tweets

Jessica Alba [@jessicaalba] Purchasing new toddler car seat for Honor. What do you all recommend?



Russell Crowe [@russellcrowe] There's nothing so quiet as Sunday in the bush. Think I'll crank up the 750cc ATV and go and visit some cows.

Steve Martin [@SteveMartinToGo] So frustrating when you have to text but you're home so you have to go get in the car and drive all the way to the left lane of the freeway.

Sarah Silverman [@SarahKSilverman] I'm dazzled by even the simplest choreography.

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Ashton, Demi not afraid to show the love

Couple staying strong despite rumours of Kutcher's infidelity Moore gets affectionate in public with her man at house party

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO

GETTY IMAGES

Despite talk to the contrary Ashton Kutcher and Demi Moore are still together.

Lohan headed to rehab

After posting bail and avoiding jail again, Lindsay Lohan is reportedly going back to rehab voluntarily in advance of her next court appearance on Oct. 22, according to People magazine.

"She will step up her treatment and do more than what she was previously ordered to do," a source says.

METRO

Oksana backs off custody plan

Oksana Grigorieva initially agreed to share custody of her daughter with Mel Gibson, giving the actor unsupervised visitation of the baby, according to documents obtained by TMZ. But shortly after signing the agreement in May, Grigorieva reportedly tried to disavow it, claiming she didn't understand what she had signed.

METRO

Hilton settles Hallmark suit

Paris Hilton settled a lawsuit with Hallmark over a greeting card that parodied the heiress and made a pun on her trademarked catch phrase, "that's hot," according to Reuters. Terms of the settlement were kept confidential, but it is believed Hilton is receiving a hefty payout. Last year, the Ninth Circuit Court of Appeals had ruled in Hilton's favour.

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Falling back on track

Fall is looming and the clock to the winter is ticking. How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights

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1

Everyday things to get back on track

Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids digestion.

2

Running out of excuses

The days are shorter, the weather is getting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

3

Keep things rolling

Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

4

Give your body what it needs

One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.

3 life

Kush

was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.

THE CANADIAN PRESS

EU bans diabetes pill Avandia, U.S. restricts access due to heart attack risk

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Start right with your child's sight

The first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, near- and farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20-second break from your computer screen and focus your eyes on something at least 20 ft (6 m) away.

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level.

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.

Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

- *Turning or tilting of the head to use only one eye*
- *Red, itchy, or watery eyes*
- *Frequent headaches*
- *Academic performance below your child's potential*
- *Avoidance of close work; dislike of reading*
- *Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing*

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.

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Eye safety begins at Home

Your home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention.

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water.

Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out… for yourself

Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own. Your parents don't make the rules, you do. And your parents don't book your appointments anymore, either. If you've got a vision problem, it's up to you to recognize it, and seek out an optometrist for help.

Has anything changed?

Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.

Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more. "

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."

Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function.

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.

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A hearty dish for the fall weather

THE ASSOCIATED PRESS

▶ Rustic mushroom and potato soup.

Preparation:

Mushroom and potato soup

1. In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
2. Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.
3. Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servings.

THE ASSOCIATED PRESS

Ingredients :

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and pepper
- 1 bag (750 g) frozen potato chunks
- 125 ml (1/2 cup) dry white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley
- 5 ml (1 tsp) hot pepper sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)

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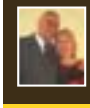
Croatian Canadian Cultural Centre - 3010 12th St. NE

Invitado Especial/Guest Speaker: Andrés Portes
Teólogo y Orador Internacional
De "La Voz del Consolador"
Theologist and International Speaker
From "The Voice of the Comforter"



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Splitting is good to do ... for a bit

It's a common dilemma for travelling couples: one wants to stay at the museum, the other would rather go to the beach, the hotel, the cafe, basically anyplace else. What to do?

A recent post to Fodor's online Europe forum was titled: My husband spends too long at each tourist attraction.

"I guess my husband and I are not travel compatible," wrote WorldTraveler1024. "I like travel but get so frustrated with him when we visit museums, historic and scenic sites. For example, he will go into a museum or an art gallery and insist that we spend basically the entire day there. After three or four hours I am getting bored and ready to move on to the next attraction but he is just getting started ... Finally we leave and I am so happy to get out of the place and he feels like he was being rushed!"

That prompted numerous replies. Here's a sampling, offered in case any of the advice proves useful to others:

"Find a compatible person to travel with if you can't get past this. Or go alone."

— My husband is like yours, he has to read every label, see every exhibit, microscopically inspect every display. Luckily he is not overly keen on most museums, or on cities, but he is a pain when we do visit one.

— My husband and I split up sometimes. I go shopping or take a tour, he hits the casino or the pub. After a big fight on our first trip to Europe, we figured out we don't need to be joined at the hip.

— My wife reads every description including how to use the fire extinguisher ... One time, in a larger museum, we walked into a spoon collection each with an individual notation, and if a gun was available, I am not sure whether I would have been suicidal or homicidal. THE CANADIAN PRESS

COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:

▶ Dragan and Margarita made an instant connection on their first date.

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chemistry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

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Make your holiday dreams come true.

Pay yourself first and get away soon.

Maria Contreras
RBC Royal Bank® Product Manager, Savings Accounts

The sun, sand and surf or a clean air nature adventure. We all dream of taking time out to rest and recharge. Well, you can make that dream a reality, and it's easier than you think. It simply calls for the right plan – one built around paying yourself first without feeling the pinch. Start by determining three things:

Where do you want to go? In other words, decide what kind of adventure you want to save for. A romantic getaway? A sightseeing road trip with your family? A long weekend that's all relaxation? Wherever and whatever you decide is entirely up to you, because, after all, this is about rewarding yourself with an escape you'll never forget.

When do you want to go there? Is it six months from now? A year? Once you've figured out where you want to go and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, $25 a week for the next year seems unrealistic?

Where can you find extra funds? What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or takeout lunch could save you $5 a day. That's $25 each workweek or $1,300 a year – it adds up fast!

Don't you deserve to pay yourself first? Sure, spending a little less every day can help. But, most importantly, set up a separate, dedicated savings account with automatic online transfers right after you get your paycheque – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

So get on your way to getting away. And start saving for it, today.

4 SIMPLE STEPS

1. Decide where you want to go and a realistic time line to save the funds to get there
2. Look closely at how much you're spending and where you can save
3. Open a dedicated savings account
4. Set up automatic online transfers to pay yourself first, right after payday

Need more tips and advice to help you reach your savings goal?
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ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Fall is the time of sales, so get ready to save!

'Tis the season to get great deals

Alison's seasonal money rule ◐ Nothing beats the fall for dollar stretching opportunities

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my beloved steed with them.

Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV'ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping: There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

LOYALTY CAN PAY OFF

According to Canadaloyalty.com, the average Canadian consumer carries six different loyalty cards in the hopes of saving money or getting free stuff. The purpose of a loyalty program is to persuade you to change your buying behaviour — consume more than you would in the absence of a program, and ideally from the same vendor. It's tempting to turn ordinary purchases of groceries, fuel or shoes into something of value — free hotels and flights. However, these programs can be complex and may trick a savvy buyer into overbuying and overspending. Everyone loves free rewards, but not at the expense of your financial plan.

It only makes sense to join a loyalty program if you're already a loyal shopper, thus it's meaningful and you earn rewards for purchases you'd otherwise have made. For most Canadians, this means accumulating credit card or airline points.

But remember: Rewards shouldn't drive your purchase decisions. Good financial planning should; have only one or two credit cards and avoid carrying a balance.

Does the purchase help build your net worth? If it doesn't, think again.

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4 sports

Giordano aiming for more offence

Flames defenceman looking to build on strong 2009-10 season

The Calgary Flames may have played below expectations in missing the playoffs last season, but the same can't be said about Mark Giordano.

After scoring 11 goals and adding 19 assists in 82 games with the Flames in 2009-10, Giordano wants to increase his offensive output while also improving his defensive game.

"I'm just going to try and build on last year and try and get better," said Giordano. "I want to be guy who contributes offensively and is a good power-play guy."

In pre-season action against the Tampa Bay Lightning on Saturday, Giordano showed off his offensive talent by setting up three goals, including a pair by rookie defenceman T.J. Brodie on the power play in Calgary's 5-4 shootout win.

"He's sort of the type of defenceman that I model myself after," said Brodie, who's making a strong case to stick with the Flames this season. "He's smart and skilled. If I'm in the right spot, he'll give me the puck."

Flames head coach Brent Sutter has been happy with Giordano so far in training camp and through the exhibition schedule.

"He's just carried on from how he played last year," Sutter said. "He's not someone that I sit and worry about because he's a guy that brings it every night. He plays with his heart on his sleeve and he throws it out there every shift."

204

While Calgary allowed a respectable 210 goals against, the Flames want to improve on the league-worst 204 goals they scored last season by allowing their defencemen to become more active.

After being acquired from the Toronto Maple Leafs last Jan. 31 in the blockbuster trade that sent Dion Phanuef the other way, forward Niklas Hagman discovered firsthand how Giordano has developed into one of Calgary's best defencemen.

"I knew when I came over here that he's played well, but I was even surprised that he played as well as he did," Hagman said.

"He's really good overall because he plays well in his own zone too."

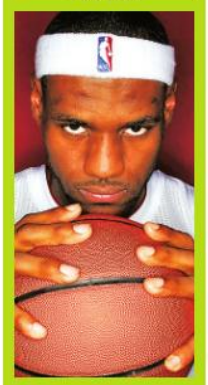
The Flames will continue their exhibition schedule with a home game against the Phoenix Coyotes today before travelling to Saskatoon tomorrow to face the New York Islanders.

THE CANADIAN PRESS

JEFF GROSS/GETTY IMAGES

▶ Flames defenceman Mark Giordano scored 11 goals last year.

Quoted



"I don't want to keep harping about what people have said about me. But personally, I'm motivated by what has gone on this summer."

LEBRON JAMES, ON THE HOSTILE REACTION TO HIS MOVE TO MIAMI

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Sports in brief

Famed NFLer Blanda dies

NFL. George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of late-game theatrics with the Oakland Raiders, has died. He was 83.

THE ASSOCIATED PRESS

Buffalo cuts Edwards loose

NFL. The Buffalo Bills have released quarterback Trent Edwards in a surprise move that came a week after he lost the starting job for a second straight season.

The team announced the move in a two-paragraph release yesterday, a day after Ryan Fitzpatrick provided the offence with a spark in a 38-30 loss at New England.

THE ASSOCIATED PRESS

Bears beat Packers 20-17

NFL. Jay Cutler threw for 221 yards, Brian Urlacher forced a key fumble and Chicago took advantage of a team-record-tying 17 penalties by the Packers to beat Green Bay 20-17 last night.

Chicago is 3-0 and alone atop the NFC North. The Packers fell to 2-1. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	63	.596	—	—	5-5	L-2	48-31	45-32
New York	93	64	.592	½	—	4-6	L-1	52-29	41-35
Boston	87	69	.558	6	5½	5-5	W-1	44-34	43-35
Toronto	81	75	.519	12	11½	8-2	W-5	45-34	36-41
Baltimore	62	94	.397	31	30½	4-6	W-1	34-43	28-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	64	.590	—	—	4-6	L-4	52-25	40-39
Chicago	83	73	.532	9	9½	4-6	L-1	40-35	43-38
Detroit	80	76	.513	12	12½	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	26½	27	5-5	W-4	36-43	30-48
Kansas City	64	92	.410	28	28½	4-6	W-1	35-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	69	.558	—	—	5-5	L-1	48-27	39-42
Oakland	77	78	.497	9½	15	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	11½	17	4-6	L-4	40-38	35-42
Seattle	60	96	.385	27	32½	5-5	W-2	35-42	25-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	63	.599	—	—	8-2	W-1	52-29	42-34
Atlanta	88	69	.561	6	—	5-5	W-1	53-23	35-46
Florida	77	79	.494	16½	10½	4-6	L-2	38-39	39-40
New York	76	79	.490	17	11	4-6	W-2	44-30	32-49
Washington	67	90	.427	27	21	5-5	L-1	40-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	81	75	.519	6	6½	5-5	W-2	47-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	101	.353	32	32½	7-3	L-1	40-41	15-60

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	73	.532	5	4½	3-7	L-2	52-27	31-46
Los Angeles	76	81	.484	12½	12	4-6	W-1	43-35	33-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

x-clinched division

AMERICAN LEAGUE

Last night's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle 7 Texas 5
Boston 6 Chicago White Sox 1
Kansas City 10 Minnesota 8
Oakland at L.A. Angels

Sunday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)

Tonight's games
(All times Eastern)
Detroit (Scherzer 12-10) at Cleveland (Talbot 9-13), 7:05 p.m.
N.Y. Yankees (Sabathia 20-7) at Toronto (Drabek 0-2), 7:07 p.m.
Baltimore (Bergesen 8-10) at Tampa Bay (Price 18-6), 7:10 p.m.
Seattle (F.Hernandez 12-12) at Texas (Feldman 7-10), 8:05 p.m.
Boston (Lackey 13-11) at Chicago White Sox (E.Jackson 3-2), 8:10 p.m.
Minnesota (Blackburn 10-10) at Kansas City (O'Sullivan 3-6), 8:10 p.m.
Oakland (Braden 10-13) at L.A. Angels (Haren 3-4), 10:05 p.m.

NATIONAL LEAGUE

Last night's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukee at New York (ppd., rain)
St. Louis 6 Pittsburgh 4
L.A. Dodgers 3 Colorado 1
Chicago Cubs at San Diego

Sunday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4

Tonight's games
(All times Eastern)
Philadelphia (Oswalt 13-13) at Washington (Marquis 2-9), 7:05 p.m.
Florida (Ani.Sanchez 12-11) at Atlanta (T.Hudson 16-9), 7:10 p.m.
Houston (W.Rodriguez 11-12) at Cincinnati (Volquez 4-3), 7:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 7:10 p.m.
Pittsburgh (Burres 3-4) at St. Louis (Suppan 2-7), 8:15 p.m.
L.A. Dodgers (Kuroda 11-13) at Colorado (Francis 4-6), 8:40 p.m.
Chicago Cubs (Dempster 14-11) at San Diego (Latos 14-8), 10:05 p.m.
Arizona (R.Lopez 7-14) at San Francisco (J.Sanchez 11-9), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-
Boston	87	69	.558	5.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	73	.532	4.5
St. Louis	81	75	.519	6.5

AMERICAN LEAGUE

BLUE JAYS 7, YANKEES 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	1	0	Snider lf	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b	3	1	1	0
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns lf	3	1	2	0	Lind dh	4	0	1	0
Gmdrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	**36**	**5**	**9**	**5**	**Totals**		**30**	**7**	**9** **7**
New York					000 020 300			**5**	
Toronto					115 000 00x			**7**	

E—Encarnacion (17). DP—New York 1, Toronto 1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (19). SF—Encarnacion.

	IP	H	R	ER	BB	SO
New York						
A.J.Burnett L,10-15	2 1-3	7	7	7	1	1
Albaladejo	1 2-3	0	0	0	1	0
Moseley	2	1	0	0	1	2
D.Robertson	1 1-3	1	0	0	0	0
Logan	1-3	0	0	0	0	0
Gaudin	1-3	0	0	0	0	0
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	1 1-3	4	3	3	0	3
Roenicke H,2	1-3	0	0	0	0	0
Carlson H,1	1-3	1	0	0	0	0
S.Downs H,25	1	0	0	0	0	2
Gregg S,36-41	1	0	0	0	0	0

T—2:48. A—16,004 (49,539) at Toronto.

SOCCER

MLS

Tomorrow's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.

Sunday's game
Los Angeles at Chivas USA, 8 p.m.

SPAIN

LA LIGA

Yesterday's result
Malaga 2 Villarreal 3

PORTUGAL

LIGA

Yesterday's result
Setubal 1 Pacos Ferreira 0

GOLF

WORLD RANKING

THROUGH SEPT. 26

1. Tiger Woods	USA	9.04
2. Phil Mickelson	USA	8.58
3. Lee Westwood	Eng	8.50
4. Steve Stricker	USA	7.82
5. Jim Furyk	USA	7.60
6. Martin Kaymer	Ger	7.10
7. Paul Casey	Eng	6.24
8. Luke Donald	Eng	5.90
9. Rory McIlroy	NIr	5.67
10. Ernie Els	SAf	5.48
11. Matt Kuchar	USA	5.35
12. Dustin Johnson	USA	4.98
13. Graeme McDowell	NIr	4.86
14. Hunter Mahan	USA	4.76
15. Edoardo Molinari	Ita	4.73
16. Ian Poulter	Eng	4.72
17. Retief Goosen	SAf	4.60
18. Anthony Kim	USA	4.17

NHL

PRE-SEASON

Last night's results
Toronto 5 Buffalo 4
Montreal 6 Florida 2
Nashville 2 Atlanta 1

Tonight's games
(All times Eastern)
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

LEAFS 5, SABRES 4

First Period
1. Buffalo, Stafford 1 (Roy, Leopold) 4:00 (pp)
2. Toronto, Kessel 3 (Phaneuf, Versteeg) 5:45 (pp)
3. Toronto, Kessel 4 (Bozak, Versteeg) 14:53

Penalties — Tor bench (too many men; served by MacArthur) 3:30; Sekera Buf (delay of game) 5:00.

Second Period
4. Buffalo, Gerbe 1 (Roy, Stafford) 3:38 (pp)
5. Toronto, Kulemin 3 (Grabovski, MacArthur) 8:36
6. Buffalo, Leopold 1 (Roy, Stafford) 15:11

Penalties — Komisarek Tor (tripping) 2:10; Gaustad Buf (roughing), Orr Tor (roughing, goaltender interference) 17:18.

Third Period
7. Toronto, Hanson 1 (Orr, Phaneuf) 9:55
8. Toronto, Kulemin 4 (MacArthur, Grabovski) 11:00
9. Buffalo, Gerbe 2, 12:08 (PS)

Penalty — Grabovski Tor (holding) 4:24.

Shots on goal by

Buffalo	11	13	15	39
Toronto	14	16	8	38

Goalies (shots-saves) — Buffalo: Lalime (21-18), Enroth (10:05 second) (17-15); Toronto: Gustavsson. **Power plays (goals-chances)** — Buffalo: 2-4; Toronto: 1-1.

Attendance — 18,096 at Toronto.

CANADIENS 6, PANTHERS 2

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32 (pp)
2. Montreal, Spacek 1 (Eller, Cammalleri) 15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)

Penalties — Subban Mtl (kneeing) 0:47; Frolik Fla (slashing) 2:34; Ellerby Fla (elbowing) 3:27; Henry Mtl (high-sticking) 8:14; Lapierre Mtl (holding stick) 13:23; Subban Mtl (cross-checking) 17:38.

Second Period
No Scoring.

Penalties — Duco Fla (hooking) 3:27; Duco Fla, White Mtl (fighting) 10:11; Maxwell Mtl (interference) 13:22; Henry Mtl (tripping) 15:37; McCabe Fla (holding) 17:16.

Third Period
4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44
5. Montreal, Plekanec 4 (Eller, Cammalleri) 3:47
6. Montreal, White 2 (Engqvist) 4:29
7. Florida, Weiss 1 (Booth, Wideman) 18:07 (pp)
8. Montreal, Cammalleri 1 (Eller, Gorges) 19:27

Penalties — McArdle Fla (double roughing), Pouliot Mtl (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (cross-checking), Subban Mtl (diving) 10:01; Duco Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Florida bench (abuse of officials; served by Dadonov), Moen Mtl (misconduct, boarding, fighting) 12:47; Ellerby Fla (roughing, fighting), Dumont Mtl (fighting) 13:08; Repik Fla (hooking) 14:44; Spacek Mtl (tripping) 17:44.

Shots on goal by

Florida	7	8	6	21
Montreal	12	10	13	35

Goal (shots-saves) — Florida: Vokoun: (L,1-1-0)(22-20), Markstrom (start third, 13-9); Montreal: Price (W,1-2-0)(21-19). **Power plays (goals-chances)** — Florida: 2-7; Montreal: 0-8.

Attendance — 21,273 (21,273) at Montreal

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Last night's result
Chicago 20 Green Bay 17

Sunday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.

Sunday's result
At Moncton, N.B.
Edmonton 24 Toronto 6

WEEK 14

Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.

Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.

Sunday, Oct. 3
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Baltimore RHP Alfredo Simon for three games and fined him an undisclosed amount for intentionally throwing a pitch at Jose Bautista in a Sept. 26 game at Toronto. Suspended Baltimore manager Buck Showalter for one game and fined him an undisclosed amount for Simon's intentional actions following the warning. Fined Toronto RHP Shaun Marcum an undisclosed amount for intentionally throwing a pitch at Baltimore's Luke Scott.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed F Brian Cardinal, G Dee Brown and G Adam Haluska.
GOLDEN STATE WARRIORS—Named Keith Smart coach.
LOS ANGELES CLIPPERS—Signed C Jarron Collins, C Jake Voskuhl, F Marqus Blakely, G Stephen Dennis and G Jon Scheyer.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Miami DT Tony McDaniel one game for violating the NFL's personal conduct policy.
ARIZONA CARDINALS—Re-signed WR Onrea Jones. Released CB A.J. Jefferson. Released RB Ian Johnson from the practice squad.
BUFFALO BILLS—Released QB Trent Edwards.
CHICAGO BEARS—Waived G Johan Asiata. Signed OL Edwin Williams from the practice squad.
JACKSONVILLE JAGUARS—Released DB Michael. Re-signed S Gerald Alexander, TE Ernest Wilford. Waived QB Brett Ratliff from the practice squad.
SAN FRANCISCO 49ERS—Fired offensive coordinator Jimmy Raye. Promoted quarterbacks coach Mike Johnson to offensive coordinator and offensive assistant Jason Michael to quarterbacks coach.

HOCKEY

NHL

BUFFALO SABRES—Returned D Mark Pysyk, F Corey Fienhage, F Kevin Sundher, F Steven Shipley, F Gregg Sutch, F Cedrick Henley, F Riley Boychuk, D Jerome Gauthier-Leduc and D Matt MacKenzie to their junior teams. Released G Zane Kalemba.
CHICAGO BLACKHAWKS—Assigned F Evan Brophey and F Jeff Taffe to Rockford (AHL). Assigned G Cristobal Huet to HC Fribourg-Gotteron SA (Swiss National League A).
LOS ANGELES KINGS—Assigned D Andrew Campbell, D Johan Fransson, D Alec Martinez and C Oscar Moller to Manchester (AHL).
MINNESOTA WILD—Reassigned F Cody Almond, F Colton Gillies, F Carson McMillan, F Chad Rau, D Tyler Cuma, D Jamie Fraser, D Maxim Noreau, D Nate Prosser, D Jared Spurgeon and G Matt Hackett to Houston (AHL). Waived F Jon DiSalvatore, F Robbie Earl, F Peter Kalus and F Warren Peters.
MONTREAL CANADIENS—Returned F Louis Leblanc to Montreal (QMJHL) and D Jarred Tinordi to London (OHL). Assigned G Robert Mayer, D Frederic St-Denis, F Andrew Conboy, F Olivier Fortier, F Dany Masse, F Aaron Palushaj, F J.T. Wyman, D Sebastien Bisaillon, D Marc-Antoine Desnoyers, D Kyle Klubertanz, D Brendon Nash, D Neil Petruic, D David Urquhart, F Alexander Avtsin, F Jimmy Bonneau and F Ian Shultz to Hamilton (AHL).
NASHVILLE PREDATORS—Assigned F Blake Geoffrion to Milwaukee (AHL).
NEW YORK RANGERS—Assigned G Chad Johnson, D Wade Redden, F Dane Byers, F Evgeny Grachev, F Kris Newbury, F Dale Weise, F Jeremy Williams and F Mats Zuccarello to Hartford (AHL). Released D Garnet Exelby, D Brandon Manning and D Alexei Semenov.
PHOENIX COYOTES—Assigned D Jonas Ahnelov, RW Matt Beaudoin, G Matt Climie, LW Ryan Hollweg, C Bracken Kearns, LW Josh Lunden, LW Brett MacLean, G Al Montoya, LW Alexander Picard, LW Blair Riley, D Garrett Stafford, D Michael Stone, D Chris Summers and D Nolan Yonkman to San Antonio (AHL). Returned D Brandon Gormley to Moncton (QMJHL).
ST. LOUIS BLUES—Assigned D Dean Arsene, D Brennan Evans, F Adam Cracknell, F Graham Mink, F Ryan Reaves, F Brett Sonne and F David Spina to Peoria (AHL).
VANCOUVER CANUCKS—Assigned D Nolan Baumgartner, C Mario Bliznak, D Kevin Connauton, D Evan Oberg, LW Prab Rai, C Jordan Schroeder, D Chris Tanev, F Aaron Volpatti, D Sean Zimmerman and D Travis Ramsey to Manitoba (AHL).
WASHINGTON CAPITALS—Signed F Matt Hendricks to a one-year contract. Assigned F Francois Bouchard, D Sean Collins, F Kyle Greentree, D Grant McNeill, D Zach Miskovic and F Brian Willsie to Hershey (AHL).

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Crossword

Across

1 Huck Finn's carrier
5 Staff leader?
9 Half a dance
12 Look lasciviously
13 Peru's capital
14 Communal pronoun
15 Aplenty
17 Last (Abbr.)
18 Nitwit
19 Long and lean
21 Aden's land
24 Brewer's oven
25 Smell
26 People on parade
30 Actress Lucy
31 Sweetheart
32 Buck's mate
33 Noted TV documentarian
35 Wild hog
36 Istanbul resident
37 Redhead's secret?
38 Thorax
40 High-decibel
42 Smack
43 Water sources
48 Hostel
49 Incite
50 Eye layer
51 Sch. org.
52 Privation
53 Gridlock noise

Down

1 Filch
2 Past
3 Winter woe
4 Sore
5 Movie sample
6 A bowl of cherries?
7 Ostrich's cousin
8 Mistaken idea
9 Anticipated
10 Bruce Banner's alter ego
11 Bohemian
16 Heavy weight
20 Fire residue
21 Egg center
22 Falco or McClurg
23 Sicilian spouter
24 Raw minerals
26 TV alien
27 Curry of NBC News
28 Horse of a different color?
29 Antitoxins
31 Injurious
34 Urban transport
35 Smear
37 Islander's home
38 Intel product
39 Suggestion
40 Drags along
41 Change for a five
44 Acapulco gold
45 "— Got a Secret"
46 Born
47 Potential syrup

▶ Yesterday's answer

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore :)
YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.
YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul. I Love You with all of me after all this time. Forever Yours and Longer
PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.
ILIANA M.

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 9° Max 20°	Min 5° Max 19°	Min 4° Max 20°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

♉ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal moment will never arrive.

♊ Gemini May 22-June 21
Being the contrary person you are you will take a perverse delight in doing the opposite of what others are expecting of you.

♋ Cancer June 22-July 22 YSo many people are telling you that you are following the wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

♌ Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

♍ Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy – make yourself happy by the things that you choose to do.
.

♎ Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

♏ Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions.

♐ Sagittarius Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

♑ Capricorn Dec. 22-Jan. 20
You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

♒ Aquarius Jan. 21-Feb. 18
It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

♓ Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week.
SALLY BROMPTON

Caption contest

LAI SENG SIN/THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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+Taxes & other fees (including service charges): $283

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4★

All-Inclusive • Deluxe rm.
Jan. 8–29 • 1 wk.

$1099
+Taxes & other fees (including service charges): $282

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 10 & 17 • 1 wk.

$699
+Taxes & other fees (including service charges): $228

Santa Clara

Meliá Las Dunas • 4 1/2★

All-Inclusive
Standard rm.
Dec. 25 • 1 wk.

PRIVILEGES
$1659
+Taxes & other fees (including service charges): $228

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Feb. 13 • 1 wk.

$1389
+Taxes & other fees (including service charges): $290

SAINT LUCIA via Toronto

Bay Gardens Inn • 2 1/2★

Standard rm.
Oct. 9 • 1 wk.

$959
+Taxes & other fees (including service charges): $243

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.

PRIVILEGES
$1449
+Taxes & other fees (including service charges): $280

Iberostar Rose Hall Beach • 4 1/2★

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Standard garden view rm.
Dec. 20 • 1 wk.

$1699
+Taxes & other fees (including service charges): $280

USA

HAWAII | Maui

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Nov. 20 • 1 wk.

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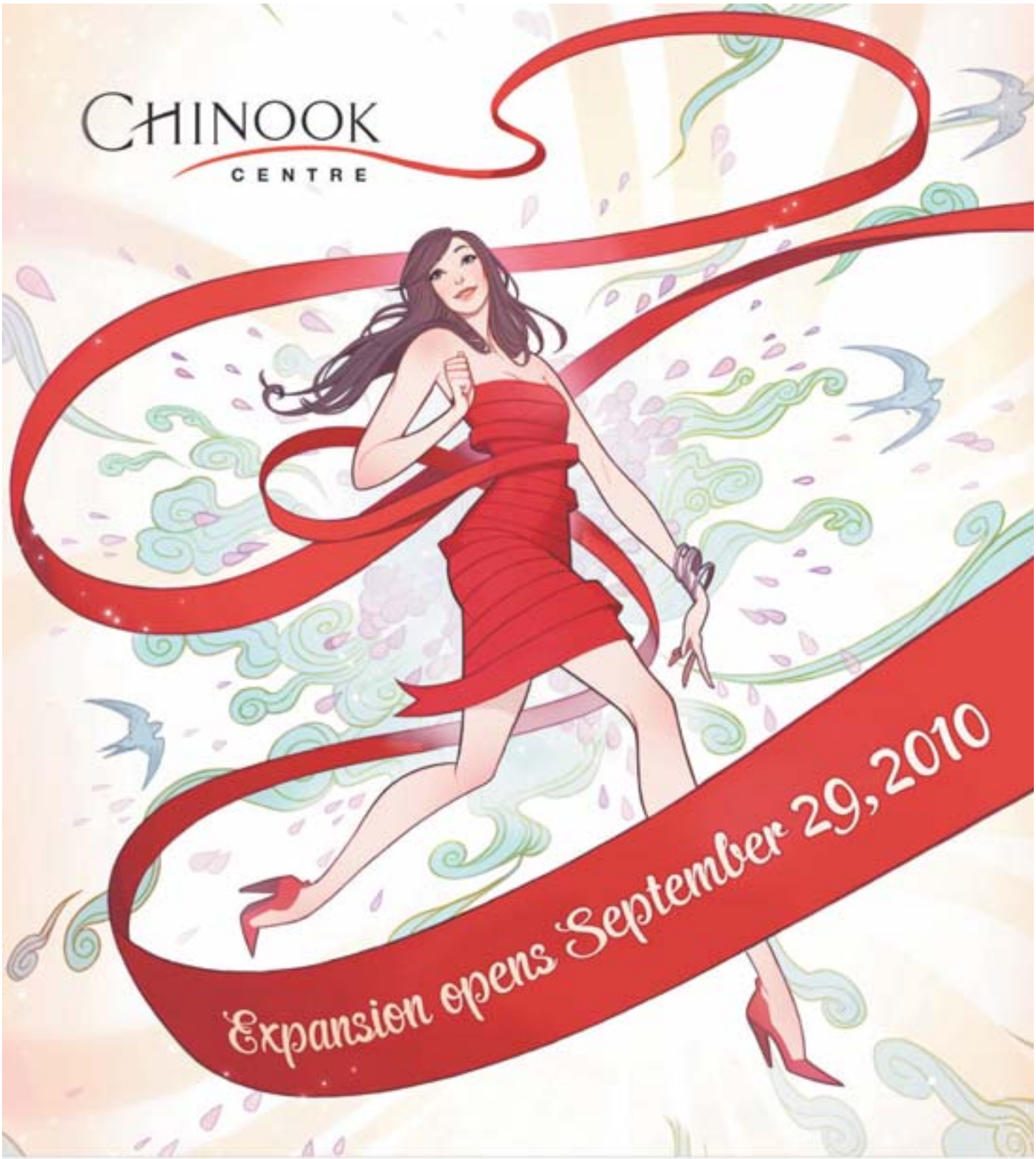

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